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KITSCH FOR COFFEE, ANYONE?

Cup of Timmies burning a hole in your pocket?
These enterprising locals have a proposition for you

metroNEWS

Phoenix fiasco still 'stressful and confusing'

PAYROLL
Federal workers encouraged to file income taxes by deadline



The federal government is telling public servants to file their income taxes with botched pay-slips, saying Canada Revenue Agency will adjust the figures afterwards.

In a Wednesday briefing on the government's Phoenix payroll fiasco, Public Services and Procurement Canada's top bureaucrat told federal employees to make sure they file income taxes by the April 30 deadline.

"We recognize that this is a situation that is confusing and stressful for some employees," Marie Lemay, PSPC's deputy minister, told reporters. "When you look at a \$20-billion payroll with 80,000 rules and 27 collective-bargaining agreements, it is a really complex system."

The government has already reissued 50,000 tax slips, including 22,000 for employees who work or live in Quebec; the rest were for British Columbia.

That means any public servants working or living in

Gatineau should wait until March 1 to print their tax forms, Lemay said.

Public servants who had reported a payment issue before Dec. 31, 2016, should receive accurate information on their first tax slip. But anyone reporting issues this year may receive a second replacement slip, Lemay said.

She estimated the government has overpaid \$140 million for 2016, roughly one per cent of the total pay.

Lemay said her department erred on the side of paying people too much when they have payroll problems, because it's easier for employees to manage a surplus than going without enough money for living costs.

"It was a question of priorities; we wanted to focus on getting the money to people, now we're focused on getting the overpayments settled too," Lemay said. Anyone who's been overpaid is supposed to get a phone call to arrange reimbursement, which she claims is usually resolved quickly.

In 2015, the government overpaid employees about \$78 million.

Lemay said people can return overpayments through instalments, and appeal for reimbursement if they've suffered economically, like if they can prove being overpaid had suspended their eligibility for tax credits.

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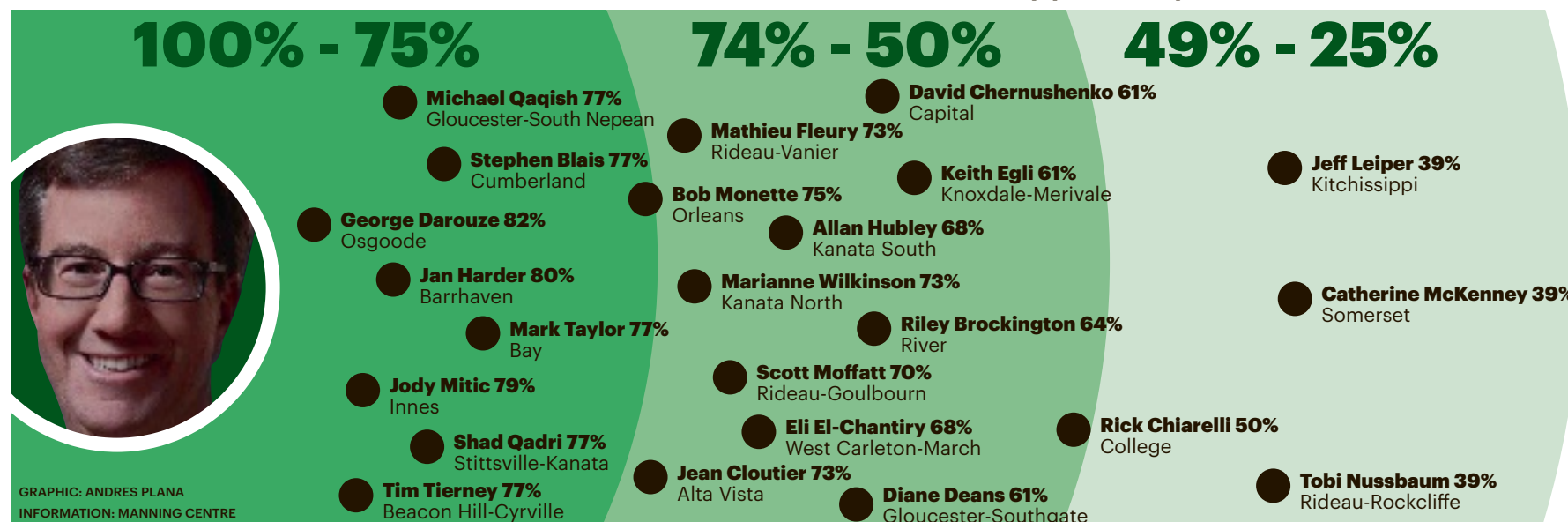
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VOTING BREAKDOWN | Here's a look at how often councillors support Mayor Jim Watson



City council on cruise control

POLITICS

Mayor mostly comes out on winning side of motions



Dylan C. Robertson
For Metro | Ottawa

Ottawa's city council is a largely cohesive body, with three urban councillors often at odds with both the mayor and their 20 colleagues, according to a Manning Centre analysis.

A report published Monday will surprise few who follow the council, noting that councillors

Jeff Leiper, Catherine McKenney and Tobi Nussbaum often diverge from Mayor Jim Watson.

The think-tank's Council Tracker report analyzed 982 motions between November 2014 and June 2016, and concluded council has a high attendance rate and easily passes most proposals.

"The business of city hall tends to move along pretty swimmingly," Leiper said, except when downtown councillors like himself vote on contentious issues such as governance, transit and density.

Mayor Watson's "win-rate," which measures the number of contested votes that pass with his support, remains high at 80.4 per cent, though it's dropped from

“By the time it comes to council, it's usually a compromise.”

Coun. Jeff Leiper

his 94.1 per cent rate between 2010 and 2014.

Leiper, who represents Kitchissippi ward, said the report illustrates how most of the debate around city issues is filtered through committees, staff meetings and public consultations. Thus major objections get ironed out before final votes, instead of along hard factional lines.

"It's not a bloc approach to

politics," Leiper said. "By the time it comes to council, it's usually a compromise with which most of the councillors can live."

Cumberland ward Coun. Stephen Blais agreed: "Much of the debate tends to surround nuance as opposed to major elements of what is being proposed."

Leiper said the report could help in "providing residents with an easily digestible snapshot of how council is voting."

But Blais said the report contained conclusions that seemed wrong, and that it gives only a reliable ideological breakdown.

"Trying to analyze the nature of any political body based on stats ... will only tell you a very superficial perspective of what's going on," he said.



Mayor Jim Watson and Coun. George Darouze line up on council votes more than 80 per cent of the time, a think tank's report indicates. CBC FILE



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Brewing up a barter system

PEOPLE

The MacDonalds trade their old for stuff for java — and more

Alex Parsons
For Metro | Ottawa

Cost of two medium Tim Horton's coffees: \$3.58. Value of potential return, in cool old stuff and the company of an nice elderly couple: Priceless.

Rod and Marguerite MacDonald are retired federal government workers who have been trading old, kitschy wares for cups of Joe, conversation and, occasionally, food.

"It's almost a cashless society now," Rod MacDonald said. "Older people have money in their pocket, younger people

don't. I think the barter economy has come on."

He said the whole thing started when they began renovating their house in early February and were pulling things out of storage. Marguerite put an ad on the "free stuff" section of Kijiji: "Could you bring my hubby and I a coffee?"

"That day we had four people coming over, bringing us coffee, and they got great value for a coffee," MacDonald said.

"After three or four coffees, my stomach was a little



Older people have money in their pocket, younger people don't. I think the barter economy has come on.

Rod MacDonald

upset — you know, rumbling away — so I said, 'Honey, let's change it to a Big Mac,' and before you know it, I had a Big Mac delivered at 4:30."

Among the items that have been offered up so far are historical pictures, including one of a shelled French village from World War I, an aerial view of Parliament Hill from the



Rod MacDonald shows off items he has been posting online to trade for coffees, at his home in Ottawa. JUSTIN TANG / FOR METRO

1950s and a painting of the Rideau Canal done by one of MacDonald's brothers.

The couple also advertised "a bunch of 50 year old stamps" and a variety of other collect-

ibles. "Remnants from garage sales," Rod calls them.

While he's most interested in bartering, Rod sometimes also sells. As an avid coin collector, he often deals within

that community. When he sells, he said, the money goes towards helping out his family.

"We have a pension, but with growing children there's costs for family, and there's

+ DEALS DONE

Coffees have been traded for:

Old stamps
Paintings
Figurines
Dishware
Vintage matchbooks
Old pictures

A Big Mac has been traded for:

Vintage cigarette tin

Cans of food and red wine have been traded for:

Ceramic ashtrays

people in your family that if you have money you should help as well," MacDonald said. "My wife's sister is disabled, and so is my brother. So some of the money goes towards them if we do sales, and some we keep ourselves."

He said he still has many things to give away, but likes to group items together before posting ads to give people a variety of things to choose from.

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Pot shop opens near Parliament Hill

CANNABIS

Activist Jodie Emery in city for launch



Haley Ritchie
Metro | Ottawa

Marijuana activist Jodie Emery brought the fight over illegal dispensaries to the seat of

government Wednesday, with a rally on Parliament Hill that kicked off the opening of a new Ottawa store that sells pot to anyone over 19.

Emery is a well-known marijuana activist, who runs a successful chain of stores called Cannabis Culture with her husband, Marc Emery. The couple are known as the “prince and princess of pot.”

At a small rally on Wednesday, Emery and a dozen

supporters rallied against the government’s “injustices,” including arrests of dispensary staff and strict regulation of access to the drug that has resulted in raids on illegal shops.

On Tuesday a Cannabis Culture location in Brantford was raided the day after it opened, but that didn’t stop Emery from attending the grand opening of a new store just a 15-minute walk from Parliament Hill.

“We have a right to medication that is going to help us,” said Sherry Morrison, who attended the rally on the Hill and was one of the first customers at the new dispensary on Bank Street.

Morrison’s daughter was arrested in the Jan. 31 raid of Weeds on Bank Street, another chain of dispensaries that has attempted to open locations across the country.

WITH FILES FROM DYLAN ROBERTSON



Products on display at Cannabis Culture’s new location on Bank Street. **HALEY RITCHIE/METRO**

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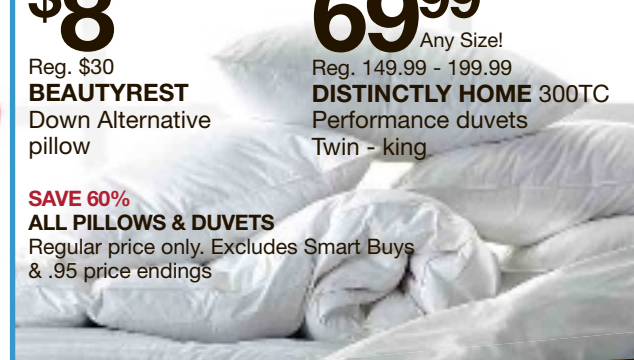
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PRESIDENT'S CHOICE

Stolen loyalty card points investigated



Dylan C. Robertson
For Metro | Ottawa

Ottawa police are investigating how multiple people had their President’s Choice loyalty points stolen, after arresting a man last month for allegedly using stolen points at a local store.

On Jan. 21, security workers for the Isabella Street Loblaws reported a 21-year-old man trying to buy hundreds of dollars in gift cards with a PC Plus points number belonging to someone with a different name. Police charged the man with theft under \$5,000.

“Essentially they’re laundering money,” Staff-Sgt. Steph-anie Burns told Metro. She said fraudsters who steal points often buy gift cards, then easily resell them at a discount on sites like Kijiji. “It takes dirty money and makes it clean.”

Burns, who oversees organized fraud investigations, said she suspects more arrests. “Fraud is like an iceberg; he’s just the guy standing above the water.”

In an unsigned email, Loblaw Corp. told Metro they don’t believe their site was hacked.

“We believe the principal cause is usernames and passwords stolen from other breached sites, and later used on PC Plus. This relates to people’s tendency to use

favourite or weak username-password combinations on multiple sites.”

Loblaws claimed the breach “has affected a small amount of our more than 10 million members” but refused to say how many. “We continue to reach out directly to individual members when we observe unusual activity or missing points.”

In a Feb. 21 email, the company told all PC Points members it’s resetting all passwords. But the company wouldn’t say why it waited a month to do so. They’ve also “temporarily suspended” redeeming PC points for gift and pre-paid cards.

Burns said few people watch their points close enough to notice they’re missing, and she worries that weariness over phishing schemes will leave customers ignoring Loblaws’ emails asking them to reset their pass-words.

“Loblaws is being a good corporate citizen,” she said. “Much more secure things have been hacked by kids in basements.”

And while Burns said Ottawa police have only arrested one person, Loblaws claimed there’s been “multiple connected arrests.”

Burns said consumers need to be more careful about giving away their name, birthdate and address, as it’s enough to commit identity theft.



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Fraud is like an iceberg; he’s just the guy standing above the water.
Staff-Sgt. Stephanie Burns



Paul Wylie works on a bike at Cycle Salvation. JUSTIN TANG / FOR METRO

Wanted: 150 bikes before it's spring

DONATION

Cycle Salvation and Right Bike issue challenge to Ottawans

Sarah Davies
For Metro | Ottawa

Cycle Salvation and Right Bike are asking the city to gear up and donate a total of 150 used bicycles before spring arrives.

The 150 Bike Challenge — a

reference to Canada's celebrations this year — is about raising awareness for bike refurbishment services that have been available for years.

"Bikes steadily trickle in among people who are in the know," said Samuel Benoit, operational manager for Right Bike, "but what we are trying to do here is boost the awareness and see if we can get a lot of donations right now and have more people know about us throughout the year."

The 150 donations represent more than the average month's worth, Benoit said.

Cycle Salvation and Right Bike are sister companies under the Causeway Group of social enterprises, which aim to give opportunities to people who have disabilities or challenges to finding employment.

Last year, Cycle Salvation employed 12 people, who fixed and sold 700 bikes. In the process, they saved 1,300 bikes from flooding into landfills.

Bikes, preferably of the adult variety, can be dropped off at three locations around the city: Cycle Salvation, Causeway Work Centre and Dovercourt Recreation Centre.

BUSINESS

Eviction notice the reason behind Swiss Pastries closure



Adam Kveton
For Metro | Ottawa

The silence over the sudden closure of Swiss Pastries on Valentine's Day has been broken.

The owner of the company, Siegfried Heilemann, has posted an open letter on the Swiss Pastries website which alleges, among many other things, that he was suddenly evicted from the bakery chain's manufacturing facility at 1423 Startop Rd. In the lengthy letter, he said that is why Swiss Pastries locations closed.

The Startop facility is still owned by the former owner of the Swiss Pastries chain, Connie Zuberbuehler, whose father, Hans Ulrich Zuberbuehler, founded the company in 1965.

Connie confirmed that, on

Feb. 11, she locked Heilemann out of the facility.

"Based on legal advice, I acted within the rights of any landlord," she said in an interview.

She said that the decision, while difficult, was one that she said she has ample cause to make.

Connie would not go into detail about her reasons, saying she must first speak with a

lawyer. But she said that there are false allegations in Heilemann's letter.

She also expressed her hope that the business might open again in the future.

Despite attempts to contact him, Heilemann did not respond to Metro by deadline.

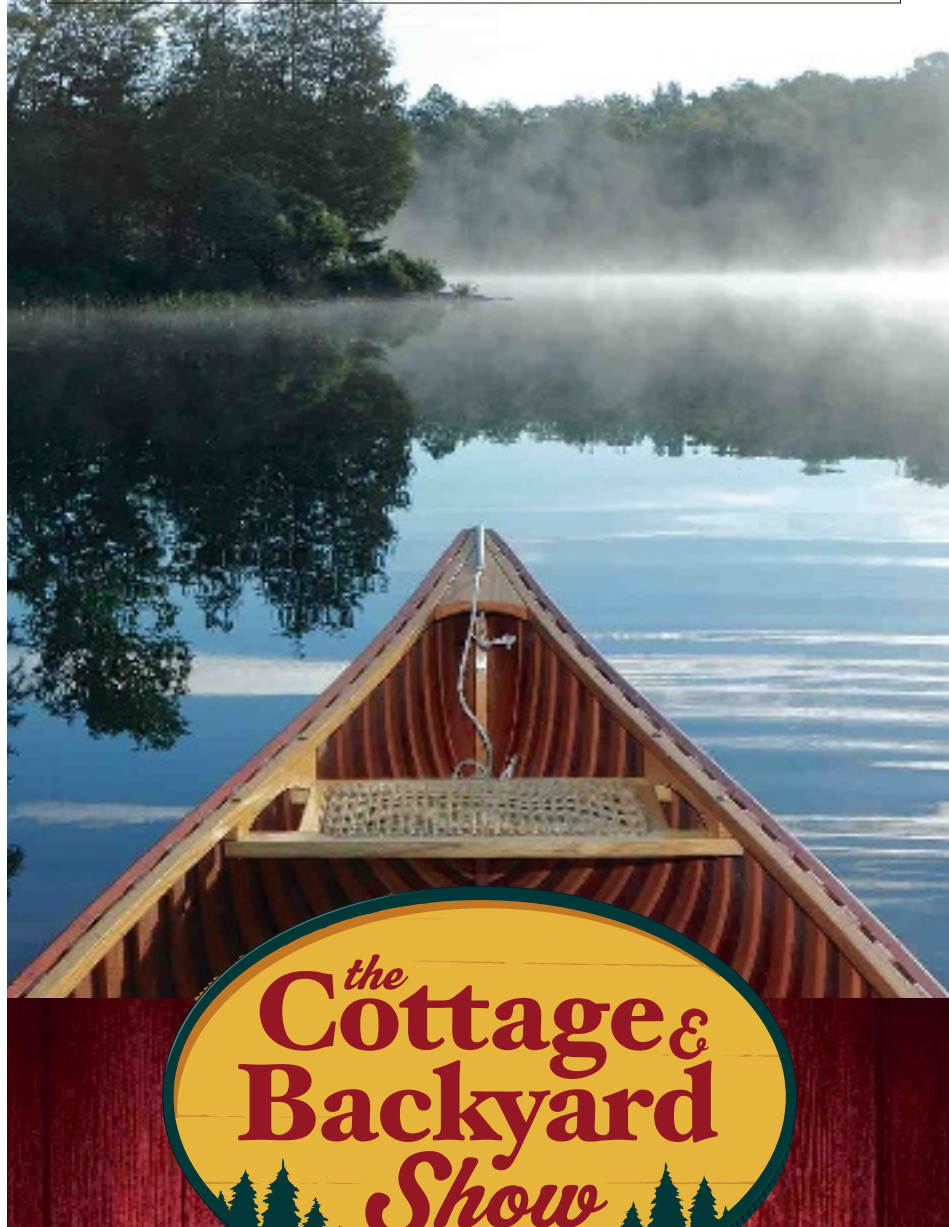
Valentine's Day shoppers reported all four of Swiss Pastries' locations closed Feb. 14.



Swiss Pastries has closed all its shops. HAROLD PLETT/FOR METRO

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Liberals defend new border deal

TRAVEL

Opposition says bill fails to take Trump into account

Prime Minister Justin Trudeau defended his government's proposed legislation to expand border preclearance at Canadian airports and other crossings Wednesday as the opposition New Democrats pushed to stop the bill in its tracks.

The NDP argued the bill doesn't take into account what it called "the climate of uncertainty at the border" created by the Trump administration's immigration policies.

But Trudeau suggested it's better to be cleared for entry into the United States while in Canada, because travellers are protected under the Canadian charter of rights, as opposed to American laws.

Bill C-23, the Preclearance Act, came up for second read-

ing in the House of Commons on Tuesday.

Introduced by Public Safety Minister Ralph Goodale last June, it would replace and expand provisions of the Air Transport Preclearance Agreement signed between Canada and the United States in 2001.



We have serious concerns about these new powers being given to American agents.

Matthew Dube

The two countries signed a new agreement in 2015 to expand border clearance. Proponents say measures included in the bill will speed the flow of people and goods across the border.

Under preclearance, travellers don't have to pass through customs in the U.S. because they've already done so before departing

Canada.

Critics have concerns about the legislation, arguing that it would lead to the erosion of rights of people travelling both to the United States and Canada.

The bill "does not address Canadians' concerns about being interrogated, detained and turned back at the border based on race, religion, travel history or birthplace as a result of policies that may contravene the Canadian Charter of Rights and Freedoms," NDP public-safety critic Matthew Dube said in putting forward a motion that could effectively kill the bill.

"What we're seeing right now is a reality where people are being discriminated against at the border," Dube told reporters.

Dube cited the example of a Vancouver man who said he was turned away from a border crossing after a U.S. Customs and Border Patrol officer scoured his cellphone for recent messages.

The officer suspected the man was a sex worker based on one email, the man reportedly told Daily Xtra. THE CANADIAN PRESS

150 WAYS of looking at Canada

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.



Daesh survivors Suham Haji, left, Samira Hasan, centre, and Saud Khalid in a women's treatment centre. THE CANADIAN PRESS

IRAQ

Yazidis rejoice over promise of refuge

Canada's promise to resettle hundreds of Yazidis by the end of the year is being welcomed in Iraq, where Yazidi women and girls have endured horrific abuse and persecution at the hands of Daesh.

Among those who have greeted the news with open arms is

Saud Khalid, who was kidnapped by Daesh in August 2014 and sold as a sex slave three times before escaping after a year in captivity.

UN officials recently interviewed the 23-year-old about going to Canada, and she's hoping she and her young son will be

among the 1,200 Yazidis and other Daesh survivors accepted by the Liberal government.

"If they take me to Canada, I will never come back," she said through a translator on Wednesday. "And my hope is if my relatives still being held by Daesh, if they escape, I want them to

also join me in Canada."

The UN declared last year that the Yazidis were the victims of genocide after Daesh invaded their territory in northern Iraq in August 2014. Thousands of people were captured, with the men often killed and women sold into slavery. THE CANADIAN PRESS

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CANADA DIGEST

Ontario, Victoria and CRA feted for wasteful spending

Ontario's government, the City of Victoria and the Canada Revenue Agency have won awards for wasteful spending, as judged by the Canadian Taxpayers Federation.

Ontario won two Teddy awards. One is for the province's electric-vehicle incentive program, while the other is a lifetime achievement award for its energy policy.

The City of Victoria won for the Johnson Street Bridge replacement project.

The Canada Revenue Agency won for its decision to pay an employee \$538,000 in moving expenses for a 192-kilometre relocation. THE CANADIAN PRESS

Quebec teacher up for \$1-million prize

A teacher from northern Quebec is in the running for the prestigious \$1-million Global Teacher Prize.

Maggie MacDonnell has been named a top-10 finalist for the award, administered by The Varkey Foundation, a non-profit group that focuses on education issues.

MacDonnell, raised in rural Nova Scotia, was chosen from among 20,000 initial nominations and applications from 179 countries.

She has taught for six years in the remote Nunavik region, where she has championed a healthier lifestyle and worked with a municipality to build a fitness centre that is open to adults and local schools. THE CANADIAN PRESS

Angry shovel man chases snowplow

A Fredericton homeowner frustrated when a plow operator dumped a load of snow at the end of his driveway succumbed to shovel rage, city officials say — chasing the loader up his suburban street, shovel swinging.

"The homeowner was not happy," said Mike Walker, the city's manager of roadway operations, who told a city committee this week about the Feb. 13 incident.

"We were in the middle of a blizzard. We received anywhere from 60 cm to 80 cm," he said, "so certainly there was a significant amount of snow going into every driveway in the city."

The plow operator told the man he was just doing his job. THE CANADIAN PRESS

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An artist's conception of what the surface of the exoplanet TRAPPIST-1f may look like, based on available data about its diameter, mass and distances from the host star. NASA/JPL-CALTECH VIA THE ASSOCIATED PRESS

Actually, it's not so lonely out in space

ASTRONOMY

Discovered: seven worlds, and some could support life

For the first time, astronomers have discovered seven Earth-size planets orbiting a single nearby star — and these new worlds could hold life.

This cluster of planets is less than 40 light-years from Earth, or 235 trillion miles away, in the constellation Aquarius, according to NASA and the Belgian-led research team who announced the discovery Wednesday.

The planets circle tightly around a dim dwarf star called Trappist-1, barely the size of

Jupiter. Three are in the so-called habitable zone, the area around a star where water and, possibly life, might exist. The others are right on the doorstep.

Scientists said they need to study the atmospheres before determining whether these rocky, terrestrial planets could support some sort of life. But it already shows just how many Earth-size planets could be out there — especially in a star's sweet spot, ripe for extraterrestrial life. The more planets like this, the greater the potential of finding one that's truly habitable. Until now, only two or three Earth-size planets had been spotted around a star.

"We've made a crucial step toward finding if there is life out there," said the University of Cambridge's Amaury Triaud, one of the researchers.

+ COSMIC

- Astronomers have confirmed close to **3,600** planets outside our solar system since the 1990s.
- Barely **four dozen** are in the potential habitable zone of their stars, and of those, just **18** are approximately the size of Earth.

The potential for more Earth-size planets in our Milky Way galaxy is mind-boggling. The history of planet-searching shows "when there's one, there's more," said Massachusetts Institute of Technology astrophysicist Sara Seager.

"With this amazing system, we know that there must be many more potentially life-bearing

worlds out there just waiting to be found," she said.

NASA's Thomas Zurbuchen, associate administrator for the science mission, said the discovery "gives us a hint that finding a second Earth is not just a matter of if, but when," and addresses the age-old question of "Are we alone out there?"

"We're making a step forward with this, a leap forward in fact, toward answering that question," Zurbuchen said at a news conference.

Last spring, the University of Liege's Michael Gillon and his team reported finding three planets around Trappist-1. Now the count is up to seven, and Gillon said there could be more. Their latest findings appear in the journal *Nature*.

THE ASSOCIATED PRESS

U.S. ADMINISTRATION

Trump to lift trans bathroom guidance

The Trump administration will revoke federal guidelines that tell public schools to let transgender students use bathrooms and locker rooms matching their chosen gender identity, the White House said Wednesday.

The decision would be a reversal of an Obama-era directive advising public schools to grant bathroom access to students in line with their expressed gender identity and not necessarily the gender on their birth certificate.

White House spokesman Sean Spicer said Wednesday that the previous administration's guidelines were confusing and hard to implement and that new directives would be issued later in the day. A government official with direct knowledge of the plans told The Associated Press that the Obama-era guidance would be rescinded, though anti-bullying safeguards would not be affected. The official was not authorized to speak publicly about the plans and did so on condition of anonymity.

Although the Obama guidance carried no force of law, transgender rights advocates say it was necessary to protect students from discrimination.



“Certain issues like this are not best

dealt with at the federal level.

Sean Spicer

Opponents argued it was overreach and said it violated the safety and privacy of all other students.

Spicer said that the Department of Justice and Education were working together on the new document.

"The president has made it clear throughout the campaign that he is a firm believer in states' rights," he said.

The Obama administration's guidance was based on its determination that Title IX, the federal law prohibiting sex discrimination in education and activities, also applies to gender identity.

While not legally binding, the guidance sent a warning that schools could lose funding if they did not comply.

THE ASSOCIATED PRESS

POLITICAL DIGEST

Republicans avoiding stormy town halls

Republicans who benefited from rowdy town halls six years ago and harnessed a wave of discontent with Democrats to win seats in Congress are learning a hard lesson this week as they return home: The left is happy to return the favour.

Across the U.S., Democrats and their allies are spending this short congressional

recess protesting elected Republican politicians who are avoiding the events that often turn into shouting matches. AP

Revised immigration order delayed until next week

The White House is pushing back the release of President Donald Trump's revamped refugee and immigration executive order until next week.

Trump had said his administration would unveil the new order this week, but a White House official says that has been delayed. AP

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Suicide bomber was ex-Gitmo detainee

IRAQ

Concerns over how Britain lost track after man's release

A suicide bomber who attacked a military base in Iraq this week was a former Guantanamo Bay detainee freed in 2004 after Britain lobbied for his release, raising questions about the ability of security services to track the whereabouts of potential terrorists.

Daesh identified the bomber as Abu Zakariya al-Britani, and two British security officials also confirmed the man was a 50-year-old Briton formerly known as Ronald Fiddler and as Jamal al-Harith.

He was one of 16 men paid a total of 10 million pounds (now worth \$12.4 million) in compensation in 2010, when the British government settled a lawsuit alleging its intelligence agencies

were complicit in the torture of prisoners at Guantanamo Bay, according to the officials.

Al-Harith was a web designer and convert to Islam when he set off on a visit to a religious retreat in Pakistan in October 2001.

He was detained at gunpoint near the border with Afghanistan and turned over to the Taliban. A couple of months later he was liberated by the Northern Alliance but was turned over to the Americans and sent to Guantanamo Bay. Like many others, he claims he was tortured there.

Al-Harith and 15 others had sued the British government, alleging it knew about or was complicit in their treatment.

Arthur Snell, a former head of the Prevent program, which is part of the Britain's counter terrorism strategy, said the authorities clearly had lost track of him.

"It's obvious that collectively, the authorities — and obviously I have some personal responsibility there — we failed to be aware of what Fiddler was up to," he told the BBC. THE ASSOCIATED PRESS



Daesh identified the bomber as Abu Zakariya al-Britani. British officials confirmed the man was a Briton also known as Ronald Fiddler and Jamal al-Harith. NINAWA STATE VIA THE ASSOCIATED PRESS

MALAYSIA

North Korea mocks poison plot claims

The two women suspected of fatally poisoning a scion of North Korea's ruling family were trained to coat their hands with toxic chemicals and then wipe them on his face, police in Malaysia said Wednesday, announcing they were seeking a North Korean diplomat in connection with the attack.

But the North Korean Embassy ridiculed the police account of Kim Jong Nam's death at a Malaysian airport, demanding the immediate release of the two "innocent women."

If the toxins had been on their hands "then how is it possible that these female suspects

could still be alive?" demanded a statement from North Korea's embassy in Kuala Lumpur. Police say the women — one of them Indonesian, the other Vietnamese — washed their hands soon after poisoning Kim, the long-estranged half brother of the North Korean ruler.

Earlier Wednesday, Inspector-General of Police Khalid Abu Bakar told reporters that authorities are searching for two new North Korean suspects, the second secretary of North Korea's embassy in Kuala Lumpur and an employee of North Korea's state-owned airline, Air Koryo. THE ASSOCIATED PRESS

SOMALIA

New president warns it will take 20 years to 'fix' nation

Somalia's new leader was inaugurated Wednesday while promising to restore dignity to the troubled Horn of Africa nation but warning it will take another two decades to "fix" the country.

President Mohamed Abdullahi Mohamed, who also holds U.S. citizenship, was elected earlier this month.

He said Somalia's main obstacles are insecurity and humanitarian crises, including a drought that the UN has said affects millions of people. THE ASSOCIATED PRESS



Caisse Alterna

AVIS DE CONVOCATION À L'ASSEMBLÉE ANNUELLE

L'Assemblée générale annuelle d'Alterna Savings and Credit Union Limited (Caisse Alterna) aura lieu le mardi 11 avril 2017, au Centre Shaw, salle Trillium, 55, chemin Colonel By, Ottawa (Ontario) K1N 9J2, Canada. Les inscriptions commenceront à 17 h et la réunion débutera à 18 h.

L'Assemblée générale annuelle vise à :

1. Recevoir les rapports;
2. Recevoir des informations sur la situation financière et les résultats d'exploitation de la Caisse Alterna;
3. Nommer un vérificateur;
4. Recevoir les résultats de l'élection du conseil d'administration.

De plus amples renseignements sur la façon de s'inscrire à l'assemblée générale annuelle, ainsi que l'ordre du jour, les candidats au conseil d'administration et le rapport du comité des candidatures seront accessibles au www.alterna.ca et dans les succursales de la Caisse Alterna. Les états financiers vérifiés, le rapport du comité des finances et de la vérification et le rapport du vérificateur externe seront disponibles 10 jours avant l'assemblée générale annuelle dans les succursales de la Caisse Alterna et au www.alterna.ca.

Les sociétaires inscrits de la Caisse Alterna au 22 février 2017 et ayant 18 ans ou plus à cette date pourront élire les administrateurs par :

- Vote électronique, accessible du 2 mars 2017 à 7 h au 11 avril 2017 à 18 h;
- Vote dans l'une des succursales de la Caisse Alterna, du 2 mars 2017 à 11 avril 2017, pendant les heures normales d'ouverture;
- Vote durant la période d'inscription à l'assemblée générale annuelle à la salle Trillium du Centre Shaw, Ottawa, de 17 h à 18 h.

Les sociétaires devront utiliser un code d'accès pour le vote électronique.
Les codes d'accès seront communiqués au moment de se connecter au site de vote.

Les sociétaires qui voteront en succursale ou avant l'AGA devront fournir une pièce d'identité avant de voter.

Pour toute question ou préoccupation, veuillez communiquer avec le secrétaire général, au 319, avenue McRae, 1er étage, Ottawa (Ontario) K1Z 0B9, ou en écrivant à legal@alterna.ca.



Alterna Savings

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of Alterna Savings and Credit Union Limited (Alterna Savings) will be held on Wednesday, April 11, 2017 at Shaw Centre, Trillium Ballroom, at 55 Colonel By Drive, Ottawa, Ontario, Canada, K1N 9J2. Registration will begin at 5:00 p.m. and the meeting will start at 6:00 p.m.

The Annual General Meeting is being held to:

1. Receive reports;
2. Receive information respecting the financial position of Alterna Savings and the results of its operations;
3. Appoint an auditor;
4. Receive results of the vote on the Board of Directors elections.

More information on how to register for the Annual General Meeting as well as on the agenda, the Board candidates and the report of the Nominating Committee will be available at www.alterna.ca and at Alterna Savings branches. The audited financial statements, the report of the Finance and Audit Committee and the report of the external auditor will be available 10 days before the Annual General Meeting at Alterna Savings branches and at www.alterna.ca.

The members of record of Alterna Savings as of February 22, 2017 and having attained the age of 18 years or older at that date may cast their ballot on the election of Directors by using one of the following methods:

- Electronic vote, available from 7:00 a.m. on March 2, 2017 to 6:00 p.m. on April 11, 2017;
- In-branch vote at all branches of Alterna Savings, from March 2, 2017 to April 11, 2017, during normal business hours;
- During the Annual General Meeting registration period at the Trillium at the Shaw Centre in Ottawa from 5:00 p.m. to 6:00 p.m.

Members will need a passcode in order to vote electronically.
Passcodes will be available at login on the voting site.

Members voting in-branch, or prior to AGM, will be requested to provide identification to be eligible to vote.

For questions or concerns please contact the Corporate Secretary,
319 McRae Avenue, 1st floor, Ottawa, ON K1Z 0B9 legal@alterna.ca



CHANTAL HÉBERT ON POST-BUDGET BYELECTIONS



Only sure-things are up for grabs in the spring votes, but the losses will be personal

Under the guise of the first large set of byelections since Justin Trudeau became prime minister, voters are about to turn a definitive corner on generational change on Parliament Hill.

The vote to take place on April 3 in the immediate aftermath of the federal budget in five ridings spread across Quebec, Ontario and Alberta will not — despite the hype — amount to a major test of the government or, for that matter, the Conservative official Opposition.

Three of the ridings at play are among the safest Liberal seats in the land. At the worst of times for the party, in 2011, the ridings all returned Liberal MPs with a relatively comfortable majority.

The other two are Conservative fortresses set in Alberta — the province that has been most resilient, according to the polls on voting intentions, to Trudeau's sunny ways.

If Trudeau failed to hold Ottawa-Vanier, Saint-Laurent and Markham-Thornhill on April 3, it would not be a leap to conclude that there is not a safe Liberal seat in the country. Ditto for the Conservatives in the case of Calgary Midnapore and Calgary Heritage.

What makes this set of byelections special is not its probable non-impact on the makeup of the House of Commons but rather the big shoes that the incumbents are leaving behind for others to try to fill.

The April 3 vote marks the end of an era in more ways than one.

Stephen Harper initially came to the House of Commons as part of the contingent of Reform MPs that took the Hill by storm in 1993. He was the last of them to be elected — in Calgary Heritage — in 2015. In between, he did fulfil the core Reform promise to bring Alberta and Western Canada into the federal power loop. His constituents sent him off in style, with almost two-thirds of the votes cast in the riding in the last election.



April 3 votes won't change much, Hébert writes. THE CANADIAN PRESS

Of the Quebec federal ministers who stared down into the post-referendum abyss Stéphane Dion was the last to still hold a seat. On his first day as Jean Chrétien's post-referendum point minister, shortly after the 1995 referendum, Dion

had said he was coming to Ottawa to change the reality of the country. Suffice it to say that, as the voters of Saint-Laurent get set to replace him, there has not been at the cabinet table a

As MP for Ottawa-Vanier Mauril Bélanger was very much the voice of Ontario's francophone community in Parliament, and it is a mantle he wore with grace.

The Liberals would like to give the Conservatives a bit of a run for their money in Calgary. They have an embarrassment of riches when it comes to potential candidates in Saint-Laurent but also a potential embarrassment to resolve.

Yolande James — Quebec's former immigration minister — is one of three candidates vying to run for the Liberals in Dion's riding. In her previous political incarnation, she twice supported the decision to deny access to French-language courses to a woman who insisted on wearing a niqab to class. That could put her on a collision course with Trudeau on a defining issue for the prime minister.

The NDP ran a distant second or third in all five ridings. It does not really have a dog in this fight. Things will be different if outgoing NDP leader Thomas Mulcair ever puts the riding of Outremont in play by deciding to not serve a full term as MP.

to bring in more Syrian refugees. From his new diplomatic perch in Beijing, he will get to see whether that initiative marked the end of a more innocent age or the opposite. By moving on now, he may well have dodged a major refugee crisis.

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Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

VICKY MOCHAMA

Lawyers little help in truth and reconciliation

In a deserved act of justice, Sixties Scoop survivors won a \$1.3-billion class action against the federal government last week in an Ontario court. It's a relief to hear Indigenous Affairs Minister Carolyn Bennett say the government won't appeal the ruling.

But if the feds are really committed to truth and reconciliation, they must stand down the lawyers as the settlements are doled out.

Bennett's statement points to a relationship between Indigenous plaintiffs and the federal government that is still fraught.

This Sixties Scoop case was filed in 2009.

Only in the week prior to the ruling did Ottawa announce a sudden shift: now, they were willing to negotiate the claims of Indigenous children who had been removed from their families and adopted into non-Indigenous homes.

On this abrupt shift in tactics, the minister told the House, "We are adversaries no more," and "negotiation rather than litigation is our government's preferred route to settle these differences and right historical wrongs."

What a surprise that must have been to the Sixties Scoop survivors who, as recently as December, had been in court while government lawyers argued that Canada had no "duty of care" for these Indigenous children.

Despite public claims towards working on a nation-to-nation approach, lawyers for the Liberal government were continuing to defend against

cases brought by Indigenous peoples.

Take the residential schools class action — the largest in Canadian history. The settlements, now over \$3 billion, provide for residential school survivors who experienced sexual and physical abuse. The agreement established the Independent Assessment Process, which was meant to provide a speedy out-of-court process for paying damages. Yet, lawyers for the government used the IAP to split hairs, leading to claims to be reduced or dismissed.

Despite a hard-fought agreement on residential schools, the government and its lawyers sought to shirk their responsibilities within it.

So while the Sixties Scoop ruling is a clear win for Indigenous people, it must be met with a government commitment to not penny-pinch, obfuscate or complicate.

That is a commitment that First Nations children have been waiting for. Over a year ago, the Human Rights Tribunal ruled that Ottawa was discriminating against First Nations kids by failing to provide equal welfare.

A year later, the case is back before the tribunal.

Canada has been very good at recording its systematic cruelty towards Indigenous people. And yet many have survived in spite of said cruelty.

After decades of forcing survivors to repeatedly relive traumas, it's time for the lawyers to step back and for the government to step up.

Voters are about to turn a definitive corner on generational change on the Hill.

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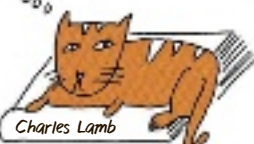
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PHILOSOPHER CAT
by Jason Logan

Lawyers, I suppose, were children once.


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Jay Z will become the first rapper ever inducted into the Songwriters Hall of Fame when he enters the prestigious organization in June.

Cracking code of a fortress of nostalgia

INTERVIEW

Jason Rekulak's writing debut dives back into '80s childhood

Sue Carter
For Metro Canada



America's favourite letter-turner, Vanna White, nearly lost her golden-girl image when she appeared on the cover of the May 1987 issue of Playboy.

The racy photos were scandalous to many loyal Wheel of Fortune viewers, but for three hormonal teenage boys, getting hold of a copy of the coveted magazine turned into the setup for the biggest, most risky caper of their young lives.

No, that's not a premise from a long-lost John Hughes screenplay, but the opening to Jason Rekulak's debut novel, *The Impossible Fortress*, a geeky but sweet coming-of-age love story set in motion by the boys' desperate attempts to peek inside Playboy.

Billy — who is just as obsessed with programming crude video games on his Commodore 64 as he is with Vanna's nakedness — along with his pals, Clark and Alf, plan a heist that involves breaking into Zelinsky's convenience store to grab a copy of the magazine.

Billy is tasked with seducing Zelinsky's daughter, Mary, to get the store's security code, but as it turns out, she too is a whip-smart computer coder, and they become fast friends. The duo starts working together on the titular game, *The Impossible Fortress* (which is available to play on the website jasonrekulak.com), when Billy falls in love, and the lure of Vanna in lingerie begins to fade.

Rekulak doesn't consider himself a nostalgic guy, but was feeling so when he started writing *The Impossible Fortress*. After his father became ill, Rekulak returned to his hometown, on which the book's fictional location Wentbridge — referred to as the Armpit of New Jersey — was modelled. He was spending a lot of time at

the hospital with his dad, and while there, bought a notebook from the gift shop.

"I started writing down stories of all these people I was seeing under very unfortunate circumstances," he says. "Some of them were real and some were made up. Maybe it was a therapeutic exercise, but also proof you can write anywhere."

Like Billy, Rekulak was once a young self-taught programmer, but later switched his computer science major to English in second-year university.

It was writing video games that set Rekulak on the path to becoming an author, and to his current job as publisher of the Philadelphia press Quirk Books, where he's edited blockbusters like Miss Peregrine's Home for Peculiar Children and *Pride and Prejudice and Zombies*.

"I wanted to build all these worlds and tell all these stories, but I was never really good at coding or actually programming stuff," Rekulak says. The graphics on the early games Rekulak built were so simple, he added screens and screens of text to build out the stories. "I'd write these long histories of these stick figures," he says. "It gave me this freedom and confidence to write on screen."

Rekulak — who is definitely a kid of the '80s — filled *The Impossible Fortress* with pop-culture gems from his own life, from Freddy Krueger to Mag-

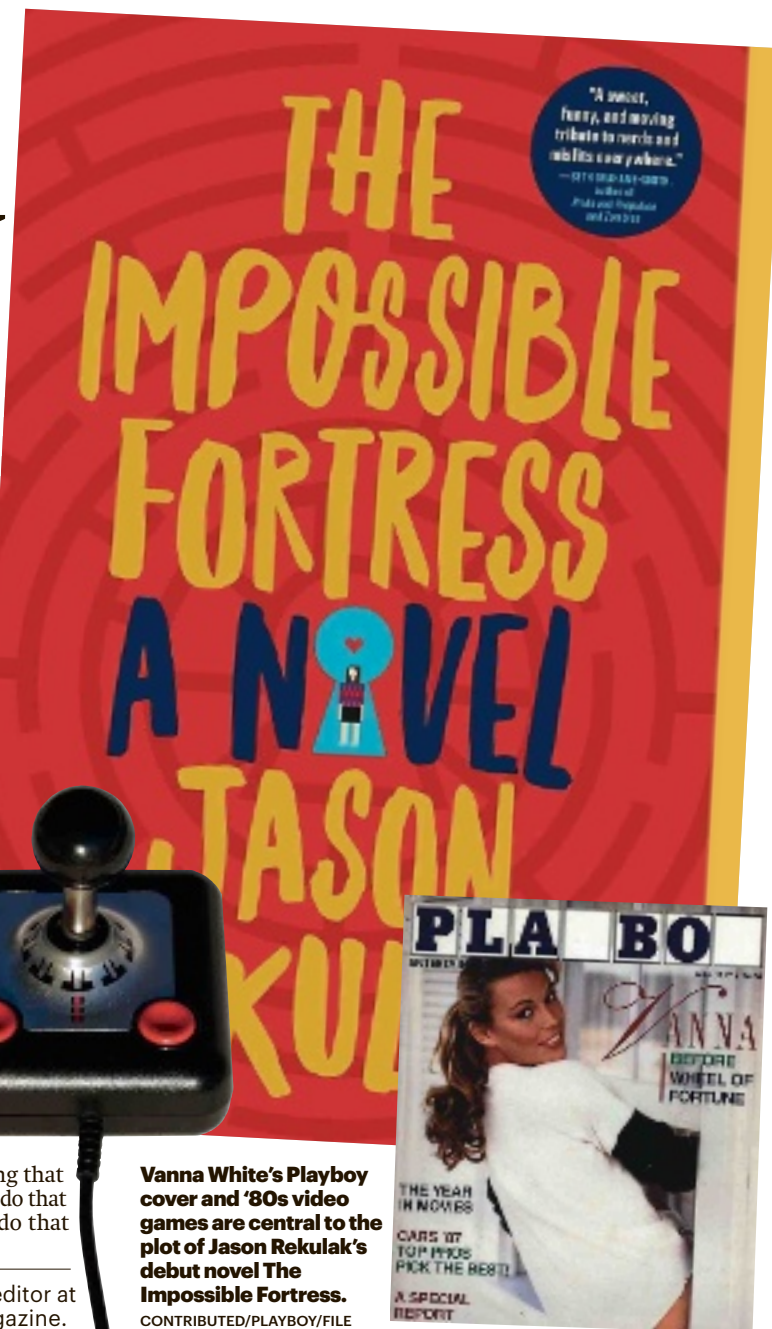
num P.I., but was never concerned about explaining the references to younger, millennial-aged readers, who have never dialled a rotary phone, or used a floppy disk.

It takes him back to his own teen years, reading Stephen King's 1982 novella, *The Body* (which became the 1986 movie *Stand By Me*). He recalls not understanding all of King's references to 1950s culture, yet it didn't hinder his enjoyment of the book.

In fact, he re-read it while working on *The Impossible Fortress*.

Rekulak says, "I was thinking that if Stephen King can do that for the '50s, I can do that for the '80s."

Sue Carter is the editor at Quill & Quire magazine.



Vanna White's Playboy cover and '80s video games are central to the plot of Jason Rekulak's debut novel *The Impossible Fortress*. CONTRIBUTED/PLAYBOY/FILE



I was thinking that if Stephen King can do that for the '50s, I can do it for the '80s.

Jason Rekulak

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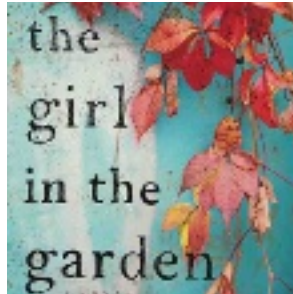
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BOOKS EXPLORING THE DYNAMICS OF DIVERSE FAMILIES

We don't need to tell you that families come in many shapes and forms. From Victorian England to an experiment in utopian parenting and plenty in between, here are five new books that remind us all that there really is no such thing as a traditional family unit. **TORSTAR NEWS SERVICE**

**1 Tangled ties of sisterhood**

A tragic accident occurred when the Tangle family of New Jersey — father Solly, mother Glory and four kids ranging from 13 to 6 — went to Martha's Vineyard on vacation in the 1970s, a life-altering event that marked each of the three Tangle daughters in different ways as adults. **Sisters One, Two, Three** is a fine multi-generational family story about the ties between sisters and the need to confront past trauma. Author Nancy Star is a former movie executive and this is her fifth novel.

**2 Surrogate guardians**

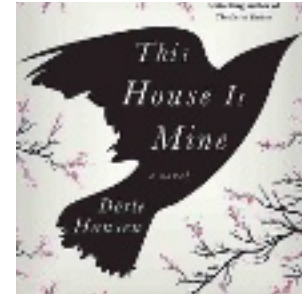
In Melanie Wallace's **The Girl in The Garden**, an abandoned young mother and her baby arrive on the New England coast and are soon adopted by locals who have known one another for decades. This diverse group of surrogate guardians includes, a recluse, a prodigal daughter, a widow, a veteran and a lawyer — each with his or her own passions and secrets. Wallace has written *The Housekeeper* and *Blue Horse Dreaming*.

**3 Collective parenting**

The Infinite Family Project, headed by the well-meaning though awkward psychologist Preston Grind, is a utopian experiment in collective parenting, perhaps even a model for a well-adjusted life. Ten families have been selected, each with one child, including the central character in Kevin Wilson's **Perfect Little World**, Izzy Poole, the only single mother in the group. Wilson is attracted to stories involving unconventional child-rearing.

**4 A very Victorian clan**

Cambridge professor Simon Goldhill's **A Very Queer Family Indeed** introduces us to this odd family with a kiss, in 1853, between Edward White Benson, 23, and his future wife, Minnie Sidgwick, then 12. They married when she was 18 and in short order had six children. Edward became Archbishop of Canterbury; Minnie (Mary) left Edward and the kids when she found she much preferred women.

**5 Forging a new belonging**

This House Is Mine is the story of two women who find each other and forge a family. Vera arrived at the old farmhouse in East Prussia as a five-year-old refugee 60 years ago — and, to this day, remains a stranger. As the story opens, her niece, Anne, and her young son arrive at the house after fleeing the Hamburg neighbourhood where Anne, too, has never felt she belonged. Things unfold from their alternating perspectives.

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Paul Braunstein, Amy Rutherford in *Infinity* © Cylla von Tiedemann

**JOHANNA SCHNELLER WHAT I'M WATCHING****The episode Dunham was born to create...**

THE SHOW: *Girls*, Season 6, Episode 3
THE MOMENT: Hannah's face

Hannah (series creator Lena Dunham) wrote a blog that went viral about a famous novelist (The Americans' Matthew Rhys) whom four women have accused of sexual misconduct. He invited her to his elegant apartment. For the entire episode, he explains his position (he didn't pressure the women; they made their own choices), and she explains hers (pressure isn't always apparent). Both are equally articulate and respectful.

Near the end, they lie on his bed. "I'm sorry I wrote something about you that upset you so much without considering all the facts," Hannah says.

"That's all right, I'm not angry," he replies. Then he does something, and she does something, that surprises her. She springs off the bed.

At that moment, his daughter comes home. She wants to play her flute for him, and invites Hannah to stay. Hannah does. As Hannah watches the



Lena Dunham and Matthew Rhys's back and forth in the latest *Girls* episode is electric, yet scrupulously fair. CONTRIBUTED

novelist watch his daughter, the camera slowly moves in, parsing her expression.

This is the episode Dunham was born to write. This is the issue *Girls* grabbed the zeitgeist to address, in all its thorny complexity. The back and forth is electric, yet scrupulously fair. In this series' final season, Hannah is growing up, and we see that here.

I watched this with my 23-year-old daughter, and we

had different reactions to Hannah's expression: Is she angry at the novelist? At herself? Or is there acceptance? Social media is going to go nuts.

Just as you're making up your mind, Dunham delivers one more tracking shot. It will stop you cold.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

New Rockcliffe community in the works



WATERIDGE VILLAGE

Project overview

Uniform Developments began construction on the first Wateridge Village home in late January of this year. People will begin to move in this fall. The company partnered with Barry J. Hobin and Associates Architects Inc., to not only recreate previous popular designs, but to produce a range of new plans specific to this site.

Location and transit

The site offers immediate access to downtown and is close to a number of green-spaces and pathways along the Ottawa River. Nearby transit routes and main roads such as the Aviation Parkway make commuting easy. As the community grows, it will eventually have its own shopping and services right on-site.


Housing amenities

The homes' features and finishes include hardwood flooring, nine-foot ceilings, granite countertops, direct vent gas fireplaces, central air conditioning and finished basements in certain models. The lots have driveways, garages and backyard space, and are located in treed areas — creating both beauty and privacy.

In the neighbourhood

Located in Rockcliffe, Wateridge Village offers a wide selection of single family homes set in a quiet neighbourhood, bordered by trees, open space and parkland. The site is also surrounded by well-established neighbourhoods such as New Edinburg and the Beechwood.

ILANA REIMER/FOR METRO

 **NEED TO KNOW**

What: Wateridge Village

Builder: Uniform Developments

Designer: Barry J. Hobin and Associates Architects Inc.

Location: Hemlock Road, off of St. Laurent Boulevard

Building: Bungalows and two-storey singles

Model: Three to four bedrooms, 2.5 bathrooms

Sizes: 2,300 to 3,200 square feet

Pricing: Starting at \$759,000

Status: Now selling

Occupancy: Fall 2017

Sales centre: Hemlock East, off of St. Laurent Boulevard

Phone: (613) 552-1004

Website: uniformdevelopments.com

DESIGN

Condo lobbies should create a first impression

While floor plans and amenities top the shopping list for condo buyers, each building has another unique calling card: the lobby.

“Lobbies are very important when you live vertically,” says Jared Menkes, vice-president of highrise and residential development for Menkes Developments, the builders of Pears on the Avenue, a 20-storey condominium in Toronto’s Yorkville neighbourhood.

“You don’t have a front porch anymore, so the lobby becomes

that social environment for residents. It’s where they meet and talk,” Menkes says. “It’s also the first impression people have when they visit the building. People want to impress their friends and family.”

This duality was one of the principles that guided the building’s designer, Alessandro Munge, principal and founder of Studio Munge. He created a welcoming and elegant lobby with a stunning focal point: a large, spiral stairway that leads to a gym overlooking the pool,

a party room, a theatre, a yoga room and an outdoor terrace.

“I wanted a freshness and a modernity that was timeless and warm, even though modern design is usually cold and sterile,” Munge said. “If I wanted my home to feel like a gallery, I’d go to the AGO (Art Gallery of Ontario), but I want to come home to something different.

Munge believes lobbies play an important role in the lives of a building’s residents.

“People in condominiums live in 500- to 1,200-square-foot

boxes and are confined to them,” he said. “The public spaces are equally important to them, if not more so.”

Brian Brown, vice-president of Lifetime Developments, the developer for The Bond, on Adelaide St. W, couldn’t agree more.

“We want to feel that the lobby is inviting and welcoming, but it’s also a high-traffic area, so the quality of the materials must be able to withstand the weather and traffic that goes through it,” he said. “Generally speaking, we try to create some-

thing reflective of trends and styles, but still timeless so that the owners of the building won’t need to revise it.”

One of the lobby’s notable features is a light pillar, which Brown said adds a meaningful vibe.

“It’s a very cool, hip, young neighbourhood,” Brown said. “It’s very important to get the lobby correct and reflect the neighbourhood and who’s living there. It establishes the quality of the building.”



A spiral stairway in the lobby at Pears. CONTRIBUTED

TORSTAR NEWS SERVICE

Global influence: How to style travel finds

INTERIORS

Bring rugs and souvenirs into your home to update décor

As part of the globalism trend, tribal style — batik fabrics, Dutch Wax and itak prints — has spread from fashion to home décor. There's a caravan of interesting furniture and accessories that work in any space, from the sleek and contemporary to the simple and functional.

"It's a look that's meant to reflect the places you've been and decorative objects you brought home," says New York designer Elaine Griffin.

Rugs are a big part of the style, and not just on the floor. Griffin says "the flat-weave kilim and dhurrie rugs that are now back with a vengeance move stylishly onto upholstered chairs, sofas and ottomans."

Kilim rugs are admired for their bold, geometric flat-weave patterns. They've been hand-woven for generations in North Africa, the Middle East and Asia.

A lot of their appeal lies in the bold motifs and pigment dyes, with elements like wolf's mouths, stars and fertility symbols interpreted in geometric patterns. Back in Victorian England, smoking rooms and nooks



Find new uses for old rugs, which can double as wall hangings or be made into pillows, poufs or used as upholstery for accent pieces. ISTOCK

were rife with kilim-covered furniture.

British manufacturer George Smith is known for kilim upholstery marked by careful pattern alignment and crisply tucked edges. They make a range of armchairs and benches covered in detailed modern and vintage Turkish flat-weaves.

Karma Living's collection of smartly styled midcentury modern chairs and footstools are upholstered in bold stripes and tribal patterns.

Both new and antique versions are interesting, working well not only as upholstery, but as wall hangings or table coverings. The hand-crafted nature of kilims, Oriental and rag rugs plays well with woods and metals. White walls make them pop, while more saturated hues are complementary frames.

Joss & Main's style director,

Donna Garlough, says pouf ottomans are one of her favourite twists on the trend.

"They're a great way to add a pop of pattern to a room, and you can use them for extra seating if you're having a party," she says.

An added bonus of these materials is that they're pretty tightly woven and durable, and the bright patterns often camouflage stains. "You don't have to worry as much about a toddler spilling juice on a kilim-covered cocktail ottoman as you would if the upholstery were linen or leather," Garlough says.

Atlanta-based artist and textile designer Beth Lacefield has done a collection of kilim poufs for Surya in both muted tones and vibrant hues like raspberry, burnt orange and olive green.

Boston designer Jill Rosenwald's pouf collection for the retailer is also inspired by Indian flat-weave rugs, with sophisticated chocolate browns, greys and other muted hues.

Crafters will find lots of ideas online for turning inexpensive rag rugs from big box stores into floor pillows, headboard covers and benches.

Courtney Schutz, a designer in Point Reyes, California, turned a staid, traditional, upholstered bench into a fun piece for a girls' room by gilding the legs and covering the seat with a gumball-colored rag rug.

On the website Style Me Pretty, Toronto designer Jacquelyn Clark offers a simple tutorial on sewing throw-rug pieces into a square, filling it with foam beads, and then closing it up with thread or a zipper to make a big pillow. While the kilims have an earthy rus-

ticity, distressed wool, linen or silk rugs can make a more elegant piece. Pottery Barn has a cotton velvet line inspired by Persian carpeting. And West Elm's Ornament velvet pouf comes in sophisticated, soothing hues of ivory or platinum.

THE ASSOCIATED PRESS



It's a look that's meant to reflect the places you've been and decorative objects you brought home

Elaine Griffin, designer





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All it takes is an accent piece

Foot stool

The Mindy ottoman, by Joss & Main, which is upholstered in a rugged yet stylish material inspired by kilim rugs. Made in India and hand woven, the wool cover features a chevron motif and is secured to the wooden frame using brass nails.



Throw pillow

A pillow by AllModern features rich, earthy hues and bold geometrics which make for this striking — and sturdy — piece. Kilim rug weaves are trending off the floor, in pillows and upholstery, as part of the global and tribal décor trends.



Pouf

The Hailey pouf by Joss & Main is covered in a bold geometric kilim material. "An added bonus of these rug materials is that they're tightly woven and durable, and the bright patterns camouflage stains," says Joss & Main style director Donna Garlough. THE ASSOCIATED PRESS





CHAMPIONS LEAGUE SEVILLA OUTFOXES LEICESTER Leicester City's Kasper Schmeichel stops an early penalty from Sevilla's Joaquin Correa during Wednesday's Round of 16 Champions League match in southern Spain. Despite the early penalty miss, Sevilla went on to win 2-1 over the English champions on goals from Pablo Sarabia and Correa. Jamie Vardy scored his first goal of 2017 to give the visitors hope for the return leg back in Leicester on March 14. In Wednesday's other Champions League match, Juventus beat host Porto 2-0. MICHAEL REGAN/GETTY IMAGES

Stumbles, tumbles come with territory

CURLING

Top women's sweepers share stories of spills on the ice

From funny to frightening, falling is a fact of life in curling.

Elite curlers are not immune. An informal survey of women at the Canadian championship yields a few stories about feet leaving the ice and elbows, arms and buttocks taking the brunt of a spill.

"I probably have a really good fall at least once a season," Alberta lead Alison Thiessen said.

A wipeout can happen in a practice, a league game or in front of rolling cameras at national championships recording the pratfall for posterity.

The women move so comfortably on the ice at the Scotties Tournament of Hearts in St. Catharines, Ont., it's easy to

HOMAN BOOKS PLAYOFF SPOT

Ontario's Rachel Homan clinched a playoff spot at the Canadian women's curling championship with her ninth victory.

Homan downed Northern Ontario's Krista McCarville 7-6 in an extra end to stay unbeaten at 9-0 Wednesday.

Ontario takes on Manitoba's Michelle Englot (8-1) Thursday evening.



Ontario skip Rachel Homan
SEAN KILPATRICK/THE CANADIAN PRESS

forget they have a slider on one shoe that can turn into a banana peel.

Falls aren't surprising when you consider curlers lunge out of the hack balancing on one foot far ahead of the other.

They lean their body weight into their broom heads to maximize sweeping pressure while stepping over a minefield of guards in front of the rings.

Injury is a possibility but

uncommon at their level of curling, what concerns the women more is if they go down is touching the rock in motion with their brooms or bodies. The stone is then "burned" and immediately removed from play.

A spill in practice might produce nothing worse than giggles, but in an important game, it's mortifying.

"My first Scotties, we were playing against Shannon Kleibrink and it was my first ever game on TSN," Ontario lead Lisa Weagle recalled.

"First, I burned one of (skip) Rachel's rocks sweeping and the

next end I fell while sweeping. I didn't burn that rock, but super-embarrassing. We managed to win the game somehow. I've never been happier to get off the ice."

Getting out of the way of a sliding rock is their priority as opposed to protecting themselves when they land on the ice.

Northern Ontario's front end of Ashley Sippala and Sarah Potts have a pact. If one goes down, the other sweeper has permission to push her teammate out of the way as hard as it takes.

"One time Ashley fell in front of a rock," Potts said. "It was funny because it was a scrub game and it didn't matter. I took my broom and I shoved her out of the way. If I fall in front of the rock, she should shove."

Brad Gushue's face plant at The Masters in October 2015 that resulted in stitches and a swollen eye was a wake-up call that crashes in curling can be more than just embarrassing.

Curling Canada introduced return-to-play concussion protocol mandatory for all their events a year ago. The organization also recommends protective headgear. THE CANADIAN PRESS

NHL

Burns has rare feat within his reach

Brent Burns has a chance to move into the rarefied air of legendary defenceman Bobby Orr.

The 31-year-old from Barrie, Ont., could become only the second defenceman to ever win the Art Ross trophy as the NHL's leading scorer, joining Orr who did it twice for the Boston Bruins — the last time in 1975.

With 64 points, Burns ranks third in the scoring race entering Wednesday's action, only three points back of Connor McDavid for the overall lead.

Burns is on pace for 37 goals and 88 points, totals that are practically unheard of for an NHL defenceman. Only two have ever hit both marks in the



Brent Burns
GETTY IMAGES

same season and they're both Hall of Famers from earlier eras — Orr and Paul Coffey did it three times each.

"What Burns's doing is great," said Ottawa captain Erik Karlsson, 12 points back of Burns with 52 this year. "It's good for the league. It's good for everybody. It shows that it's possible."

With 27 goals, Burns has more than the entire defence corps of 19 teams.

THE CANADIAN PRESS

MLB

Pitches pulled from intentional walks

There won't be any wild pitches on intentional walks this season.

The players' association has agreed to Major League Baseball's proposal to have intentional walks without pitches this year.

"It doesn't seem like that big of a deal. I know they're trying to cut out some of the fat. I'm OK with that," Cleveland manager Terry Francona said.

While the union has resisted

many of MLB's proposed innovations, such as raising the bottom of the strike zone, installing pitch clocks and limiting trips to the mound, players are willing to accept the intentional walk change.

"There are details, as part of that discussion, that are still being worked through, however," union head

Tony Clark wrote Wednesday in an email to The Associated Press.

THE ASSOCIATED PRESS

932

There were 932 intentional walks last year — 600 in the National League.

IN BRIEF

Davis, White won't defend Olympic ice dance gold

Meryl Davis and Charlie White won't be defending their Olympic ice dance gold medal in South Korea.

The Sochi champions haven't competed for three seasons, so their announcement Wednesday hardly was a surprise.

Maia and Alex Shibutani, the two-time American champions and current world runners-up, will be their successors, contending against the likes of Canada's Tessa Virtue and Scott Moir.

THE ASSOCIATED PRESS

'Melo expects to stay put in New York with Knicks

Carmelo Anthony hasn't heard anything from the New York Knicks that makes him believe he's being traded.

A day before the NBA's trade deadline, Anthony said Wednesday that he expects to remain with the Knicks, since they've given him no indication they're looking to deal their All-Star forward.

The 32-year-old forward, who has said he wants to stay with the Knicks, has a rare no-trade clause and would have to agree to any deal. THE ASSOCIATED PRESS



You kind of just move your broom, let the rock go by and tuck and roll. Ontario second Joanne Courtney

MAKE IT TONIGHT

Spicy Beef Tacos



PHOTO: MAVA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

- Handful chopped fresh cilantro
- 8 corn tortillas
- jar of prepared salsa

Directions

1. Preheat oven to 400. Toss sweet potato with olive oil and 1/2 tsp (2ml) salt. Spread on a lined baking sheet and bake 5 to 7 minutes. Toss and bake another 5 minutes, or until fork tender. Remove from oven and place in a bowl; set aside.

2. In a small bowl, dissolve sugar and salt in vinegar, add the onions; set aside.

3. In large skillet, cook beef over medium heat, breaking up with spoon, until browned, 10 minutes.

4. Meanwhile, in a small bowl, blend spices and garlic. Stir into meat; cook another 2 minutes. Remove from heat and transfer half to a serving dish. Put other half in an airtight container and refrigerate. Place beef, sweet potato, red onion, cheese, cilantro, salsa and tortillas out for taco assembly.

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Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 6

Ingredients

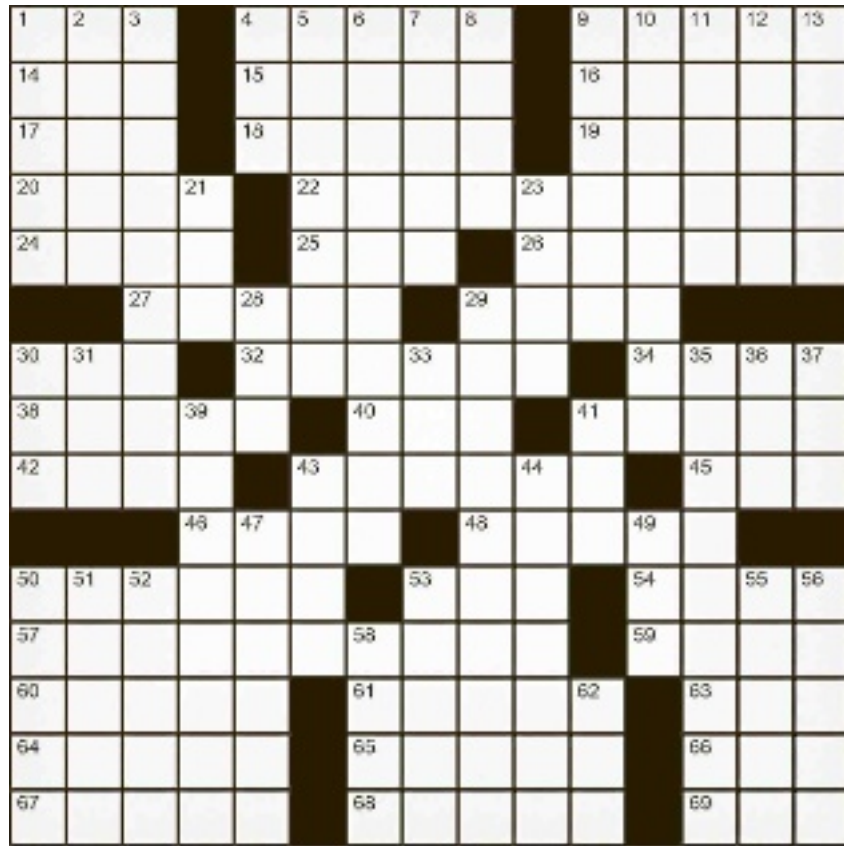
- 1 large sweet potato, diced into bite-size pieces
- 1 Tbsp (15 ml) olive oil
- 1 1/2 tsp (7.5 ml) salt, divided
- 1/2 red onion, thinly sliced and rinsed in very warm water
- 1/4 tsp (1 ml) sugar
- pinch of salt
- 1/3 cup rice vinegar
- 2 lb. (900 g) organic lean ground beef
- 2 Tbsp (30 ml) chili powder
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) cinnamon
- 1 tsp (5 ml) dried oregano
- 1 tsp (5 ml) pepper
- 2 tsp (10 ml) salt
- 4 cloves garlic, minced
- 1/2 cup (125 ml) shaved Monterey jack cheese

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. ' _ ' _ for Zeballos
4. Looked with bewilderment
9. Not suitable
14. " _ had it!" (Enough!)
15. Range
16. More pallid
17. Fall mo.
18. Gawd
19. Show clemency
20. Steel shade
22. Saskatchewan vil- lage an hour and a half southeast of Regina
24. Since, to Robert Burns
25. Surgery sites, shortly
26. TomKat surname
27. Heidi author, Johanna _ (b.1827 - d.1901)
29. Fill with food
30. Antagonist
32. Get by day to day: 2 wds.
34. Un-evens
38. One isn't the final version
40. 1990s "Plush" rock gr.
41. Poke around
42. Stand
43. Long river in British Columbia
45. "For what reason?"
46. Hurting
48. V-shaped fortifica- tion facing the foe
50. Retort to "Am not!": 2 wds.
53. Intl. clock standard
54. Stratford- _-Avon
57. 'Amber' crop in West-



- ern Canada: 2 wds.
59. City commut- er's cost
60. "The Wreck of the Mary _" (1959)
61. "Let me take you on _..." - Depeche Mode, "World in My Eyes"
63. Needs-to-be- sewn spot

64. Bygone car
65. Walt Whit- man poem, _ _ the Body Electric
66. New Zealand parrot
67. Like a clarinet- ist's prop
68. Retro syn- thesizers

69. _-inclusive

DOWN

1. Moves swiftly
2. Off-white
3. They 'run high' in lan & Sylvia's "Four Strong Winds": 2 wds.
4. Natural _

5. Sculpture, paint- ing or ceramics
6. The blue above Alberta, Saskatch- ewan and Mani- toba: 2 wds.
7. Makes money
8. Tinted
9. Consequence
10. Elba's exile-ee

11. Strawberry _ Clock (Psychedelic band)
12. As such: 2 wds.
13. Old shipping weight allowances
21. "That's right.", quick-style
23. Broadway tune: "All _ Jazz"
28. Hitherto
29. Nickname for Can- adian hockey great Mr. Lemieux: 2 wds.
30. US Pres. mono- gram
31. Q. "Is the eighth letter 'H' _ ' _'?" A. "It's 'H'."
33. 'Capri' suffix
35. Garment from Can- ada Goose: 2 wds.
36. Homer Simp- son's word
37. Operative
39. Showcased
41. Unhappy
43. "That '70s _"
44. Meshwork
47. Attractive
49. " _ Wieder- sehen!"
50. Sort of vi- per, Puff _
51. Montreal: Moun- tain Street = _ _ la Montagne
52. Delete
53. "I _ _ tired of work- ing..." - Peter Gabriel, "In Your Eyes"
55. Oxford Univer- sity college
56. Kathmandu is its capital
58. Corey of "The Lost Boys" (1987)
62. Some mov- ie ratings

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ **Aries** March 21 - April 20
Listen to someone older or more experienced today. This might be on a one-to-one basis, or this person might be in a group.

♉ **Taurus** April 21 - May 21
Discussions with bosses, par- ents and VIPs will be practical today. People will be hands-on about finding a solution. These talks will be worthwhile.

♊ **Gemini** May 22 - June 21
) This is a good day to make detailed plans for future travel. Likewise, it's a good day to make educational plans. If you have to study or write any- thing, you will not overlook details.

♊ **Cancer** June 22 - July 23
Your efforts regarding inheri- tances, shared property, taxes, debt and other red-tape issues will produce results today. You are in a practical frame of mind and you have endurance.

♊ **Leo** July 24 - Aug. 23
Someone older might have advice for you today, or vice versa. Either way, today you are concerned with practical solutions that are doable. No pie-in-the-sky stuff.

♊ **Virgo** Aug. 24 - Sept. 23
This is a productive day for you because you are prepared to roll up your sleeves and get busy. You have an eye for detail, and you're not afraid of routine.

♊ **Libra** Sept. 24 - Oct. 23
This is a good day to teach chil- dren. Likewise, it's an excellent day to practice a technique in music, sports or any art form, because you will have the pa- tience to pay attention to detail.

♊ **Scorpio** Oct. 24 - Nov. 22
Tackle major repair projects at home today. This also is a good day for family discussions. Listen to the advice of older family members.

♊ **Sagittarius** Nov. 23 - Dec. 21
You have a patient, careful and detailoriented mental at- titude today. You won't mind routine work, because you just want to get the job done.

♊ **Capricorn** Dec. 22 - Jan. 20
If shopping today, you will be in- terested in buying long-lasting, practical items only. No feather boas for you! You will use your money wisely (as you generally do).

♊ **Aquarius** Jan. 21 - Feb. 19
Look around yourself today with a critical eye to see what needs to be done or corrected. You will quickly ask, "What's wrong with this picture?" You also might be a teacher to someone today.

♊ **Pisces** Feb. 20 - March 20
This is a wonderful day for research, because you are in the right frame of mind to wade through a myriad of details. You won't overlook anything.

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